Newsletter No. 463 August 2026

Probus Club of St. Marys Inc.

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Meetings normally held each second Monday of the month in the Trinity Lutheran Church Hall Pasadena @ 9.45 a.m.

General Meeting @ 9.45 a.m. Monday 10 August - Visitors and New Members Welcome.
******* Please wear your name badges to all meetings and outings.*******

General Meeting	10 August	14 September
Guest Speaker	**Torrens to Darlington South Road Project**	**Adelaide Sea Rescue Squadron**
5 Minute Speaker	Wendy Watson	Chris Ranger
Greeters ** Greeters to be there @ 9:15	Pam Davey Charlotte Judd	Bev Schultz Frances Murrell
Morning Tea **Please report to the kitchen @ 9:30 before the meeting	**Wendy Watson** Lyne Willoughby Julie Messner Tinie Mulders	**Wendy Watson** Lyne Willoughby Pam Davey Caroline Shipard
Sweeping	Ian Datson	Gerry Styles

**** If you are unable to do your turn on the roster, please find someone to take your place.****

Birthdays from 10 August to 13 September:

Margaret Geue	14 August
Hiltrud Esslinger	18 August
Pam Davey	27 August
Ray Mudge	3 September
Margaret Lewis	8 September
Ian Jurgs	8 September
Roland Schultz	13 September
Dave Messner	13 September



Welfare Report & Good News: Please inform **Margaret Southwell** on **0409 699 614** of any members with health problems. **We are only able to help our fellow Probians if we keep Margaret informed if any of our members are unwell**. If you have **good news** to share with our members, please let **Margaret Southwell** know the details.

Monthly Lunch: **Wednesday 19 August, 12 noon. Venue: Hotel Panorama**, 625 Goodwood Rd, Panorama. Please book with Liz Koch at the General Meeting, on 0439 979 152 or lanitzia992@gmail.com. Please let Liz know if you require a lift to the lunch.

July Meeting: **Total Membership - 68**

Members 47; Apologies 11: Visitors 3. ****Any apologies should be sent to Heather Norris before 8.30 a.m. on meeting day: heather.norris@bigpond.com or 0448 849 242.**

Navigating My Aged Care - Lauren Ginman: Lauren explains the system that can be quite complex but offers a step-by-step approach to accessing services. Key to this process is registering with "My Aged Care", which can be done via phone or online. It's recommended to do this when you first identify a need for assessment or services. Nominating someone you trust to be a registered supported, who can act on your behalf if you are unable to, is crucial.



After registration, you will be triaged by phone within two weeks. This determines the type of funding you may need. The current funding paths are: 1) Commonwealth Home Support (CHS) - for basic services to help you remain at home (This program is being phased out.), or 2) Support at Home - for more complex or clinical needs and will eventually replace CHS. A clinical professional will conduct a home visit for a more in-depth assessment. When speaking with assessors, describe your needs on your "worst day" to ensure accurate assessment of your requirements. Having a trusted person present can help advocate for your needs.

It is important to understand the funding and services. For CHS services, providers receive "block funding", meaning there's a limited capacity. This can make it difficult to access services like gardening. Support at Home is funded differently, with providers receiving funding specifically for individual clients, which can guarantee service delivery. Support at Home is income-tested. Even full pensioners may need to contribute. Under Support at Home, contributions are now often a percentage of service costs rather than a fixed daily amount. Clinical services are generally not contributed towards. Self-funded retirees and part-pensioners will need to have their contributions determined by Services Australia. If your needs change, it's crucial to inform My Aged Care for a reassessment. They do not conduct automatic check-ins.

Other support options are available: **Carefinder Program:** - a free government service for individuals without family or supporters to help navigate the aged care system. **Carers SA:** - provides support for carers, including assistance in times of crisis. **Residential Respite:** - allows your loved one to stay in a residential facility for up to 63 days per financial year, subsidized. **Day Programs:** - for individuals with cognitive decline or dementia, offering a safe and engaging environment for the day.

ECH offers a range of services, including: Home services through Support at Home. Wellness clinics (physio, allied health, exercise classes). Community groups and activities (lunch clubs, bus trips). Retirement living.

There are other important considerations. If you feel your assessment or services are not right, consider reaching out to advocacy services like ARIS or COTA. You can transfer to a different provider at any time if you are not happy with the service. There should be no exit fees. When choosing a provider, ask them to meet with you to discuss your budget and needs before signing up. Be wary of providers who ask you to sign up before meeting. If a care worker has an accident in your home, the provider is responsible for insurance and worker's compensation.



5 minute Speaker - Pat Ellis: Pat spoke about her early life, beginning with her father's transition from a Christian minister to a Salvation Army officer, and then to a Presbyterian minister after completing a Master of Arts and Bachelor of Divinity at Melbourne University. The family's first posting was in Hobart, where Pat's sister was born. The family moved to Perth for three years, where Pat started school at MLC Perth and later PLC Perth. Then the family relocated to Canberra, where her father became minister of St. Andrew's Presbyterian Church. The family resided in a large manse next to the church, featuring six bedrooms, multiple bathrooms and toilets, a study, lounge, dining area, breakfast room, and kitchen. Pat's grandmother also lived with them, which was unusual for the time in Canberra.

Pat attended Canberra High School and later pursued a part-time Bachelor of Arts degree from Melbourne University through the Canberra University College, commuting by bicycle for her lectures. Her lecturers included Professor A.D. Hope and Professor Manning Clark.

At 18, Pat began working at the National Library, located in the lower level of Old Parliament House, commuting by bicycle. Pat recalled the arrival of John Foster Dulles, later US Secretary of State, at their church, accompanied by security guards, a novel sight in Australia at the time. Also recalling that the presence of two Japanese women, including Madame Nishi, at the church caused shock and some members of the congregation refused to interact with them due to prevailing anti-Japanese sentiment.

After completing her degree and library qualification, Pat and a friend spent two years overseas, working in London and travelling through Europe and later moved to Papua New Guinea to work as a librarian.

15 July - Christmas in July lunch at the Maid of Auckland:





Treasurer's Report: General Account Balance as @ 30 June $4,163.72 plus $5,283.83 in term deposit. Door prize proceeds for July meeting was $89.

29 July - 50th Anniversary Consensus Quiz Morning: 73 Probus members from 12 clubs attended the 50th Anniversary Consensus Quiz at Club Marion. There were 6 attendees from St Marys: - Glenda Carlson, Liz Koch, Chris Ranger, Lyn Elsworthy, Helen Alchin and Bob Triggs who shared a table with the members of the Mt Barker Men's club. Heather Norris from our club organised the event and Jan Triggs was the Quiz master extraordinaire. The Consensus Quiz format, previously used in our 9 February meeting, determined the winning answer by the majority of tables. It was really interesting how much consensus there was between the nine tables: for example, Sean Connery was unanimously voted the best James Bond actor by all nine tables.



Despite having an advantage with familiar quiz categories, the St. Marys table received the "wooden spoon" but was rewarded with a bag of goodies which included boxes of tissues, car air fresheners, fridge magnets and toilet rolls. The Brighton Ladies Probus Club were the winners.

Most attendees stayed for lunch which was served in the quiz room. Club Marion provided excellent service, which was appreciated by attendees. The event was a great success, with many attendees expressing interest in making it an annual event.

Outings:

**** If you want to attend any of the events then you will need to add your name on the appropriate sheet at the back of the room at the General Meeting. ****

25 August Tue - Belair Railway Station - History of the line. Meet @ 10.00 a.m. for tea, biscuits and talk. Optional lunch at own cost at the Belair Hotel.

19 September Sat - French High Tea. French High Tea at the Lutheran Church Hall from 2:30 p.m. to 4:30 p.m. Cost is $50 which includes a glass of bubbles, barista coffee and bottomless tea. Payment due by the end of August.

23 September Wed - Martindale Hall (stairs to climb as there is no lift). Morning tea at Roseworthy and lunch at the Riverton Hotel. Cost: $120 includes lunch Bus leaves at 8:30 a.m. Payment due by the end of August.

1 October Thu - 50th Anniversary Picnic - Mitcham Resesrve. BYO picnic lunch, chairs and table.

18 - 23 October - Tour to Magical Macedon and the Coast with Holiday Wonders. Cost: $2,950.00 per person with single supplement $590.00. Accommodation is 5 nights in Geelong.

November - Mortlock Library and the Migration Museum. More details to come - when the big Christmas tree is setup.

December - Kenton Valley Cherries. More details to come.

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